

Lewis Ledger

Connelly contenders

The Fort Lewis dining facilities that will compete for the Philip A. Connelly Program are:

- 1st Special Forces Group — Small garrison category
- Certain Victory, contractor for the 593rd Corps Support Group Dining Facility — Large garrison category
- 62nd Chemical Company, 23rd Chemical Battalion, 555th Combat Support Brigade (Maneuver Enhancement) — Field category

The objectives of the Connelly Program are to improve the professionalism of food service personnel, to recognize excellence in the preparation and serving of food in the Army, and to provide incentive to competitive programs of Installation Management Agency regions and major commands.

Dining Facility of the Quarter

Certain Victory, the contractor operating the full-food service dining facilities on Fort Lewis, was awarded the Dining Facility of the Quarter Award for the first quarter of Fiscal Year 2006.

Col. Thomas G. Knight, director of Plans, Training and Mobilization, presented the roving plaque March 3 to Marcos A. Dextre, manager, 593rd Corps Support Group Dining Facility.

The facility, located on North Fort Lewis in Building P12430, serves some of the best food on the installation and offers a large variety of menus. A recent menu included prime rib, halibut, crab cakes, lobster tails and many accompaniments.

Robert Thompson, installation Food Program Manager, said the award is based on evaluation scores received during routine evaluations.

Dextre and his team will represent Fort Lewis in the Philip A. Connelly Awards Program, large garrison category.

AROW meeting

Associated Retired Officers Wives monthly luncheon will be Thursday at the McChord AFB Officers' Club. The social hour begins at 11 a.m., with lunch at noon. The menu includes tossed salad, corned beef and cabbage, potatoes and baby carrots; or spinach salad with warm bacon dressing; coffee, tea, and cake. Cost is \$14 (\$12 if a member of the McChord Officers' Club).

The program for this meeting of AROW — installation of new board members.

Make your reservations by noon, Tuesday, by calling Barb Lancaster, 588-6258, Pat Brick, 581-2617, Vivian White, 581-6442, or JoAnne Read, (360) 459-7327.

MWR Book Fair

Morale, Welfare and Recreation is hosting a book fair on March 21 and 22 from 10 a.m. to 4 p.m. at the Madigan Army Medical Center, on the Medical Mall's ground floor. Hardback books will be available with savings of 40 percent to 70 percent off retail prices. With all the titles available — award-winning children's books, cookbooks, New York Times bestsellers and more. You'll find some great new additions for your home library. A portion of the proceeds goes directly into the Fort Lewis MWR fund to benefit Soldiers and families.

Embry-Riddle

Embry-Riddle Aeronautical University, Tacoma Center is registering students for the March 20 - May 15 term. The deadline to register is March 20. For a schedule of course offerings, visit <http://www.erau.edu/tacoma>. An ERAU representative will be at the Stone Education Center on Tuesday, from 9 a.m. until 5 p.m., in room B-147. If you would like to schedule a consultation or to register, please call 589-1728.

DuPont festival

The DuPont Centennial Health and Safety Festival will be Saturday, at the Liberty Inn, 1400 Wilmington Drive, in DuPont. The festival will run from 11 a.m. until 3 p.m. Booths will cover: blood pressure screening, back and spine health assessments, stress and mental health management, bicycle safety and helmets, massage therapy, blood donations, dental care and information, eye screening and information, diabetic and cholesterol screenings, children's identification program, body fat and weigh-in, car seat safety and safety at home, many informative presentations, emergency readiness, fire truck, police, ambulances and helicopter displays for all members of the family, and children drug awareness program. Come for the "Health" of it. For more information, call 964-8121.

LAPD job opportunities

The Los Angeles Police Department is looking for a few good men and women — and where better to look than among those who have already been wearing a uniform?

A recruiting team from the LAPD is in the area talking to service members who are nearing the end of their active duty. If you think you might be interested in pursuing a career in law enforcement, plan to take the LAPD written test, Saturday at 9 a.m. or 2 p.m., at AMVETS Post #1, 5717 South Tyler Street, in Tacoma.

Benefits with the LAPD include starting salaries of \$51,000 to \$68,000 per year — with full pay while attending the academy. Veterans might be eligible for military bonus points and might also be eligible to receive GI Bill benefits while attending the academy.

For more information, call (866) 444-LAPD, or go to joinlapd.com.

Special Forces recruiting

The Special Forces Recruiting Team will be briefing at the Evergreen Theater on 2nd Division Drive each Wednesday at 11 a.m., 2 p.m. and 5 p.m. Soldiers in ranks from private first class to staff sergeant may apply to attend Special Forces Assessment and Selection in either the April 24 or

June 5 classes. For more information visit www.bragg.army.mil/specialforces or contact the Fort Lewis Special Forces recruiter at 966-7327.

Enlisted Spouses Club

Enlisted Spouses Club invites all E-1 through E-9 spouses to the general membership meeting for the Enlisted Spouses Club Tuesday at 7 p.m. at the ESC Clubhouse. The program planned for the evening is Bungo — a combination of Bingo and Bunco. Come join in a fun-filled evening. For more information, call 967-6263 and leave a message.

First In Asia Freedom Ride

Support Special Forces Soldiers and families on the First In Asia Freedom Ride, April 2. Registration and sign-up is at 10 a.m. at NorthWest Harley-Davidson, located at 8000 Freedom Lane NE, in Lacey. Prepay \$5 per rider at www.firstinasia.com, or pay \$10 per rider the day of the ride.

For more information, contact Paul Mattson 967-8988 or LovieAnn Terrado 966-2770.

Home-buying workshop

The Military Relocation Center will present a home-buying workshop March 21 and 22, from 6 to 9:30 p.m. at the Stone Education Center. The workshop is two nights for a total of seven hours. For more information, call 967-5354 or 967-5334.

On-post job listings

The following jobs are currently listed on Fort Lewis.

In addition, many more medical jobs are available at Madigan Army Medical Center. For more information on pay rates and job descriptions, search the Civilian Personnel Online Web site at acpol.army.mil/employment.

- WTEU060000020C, Secretary (OA) (0318), grade 4 to 6, various organizations, closes June 30;
- WTEU060000070C Cook (7404), grade 4, Madigan Army Medical Center, Nutrition Care Division, closes June 30;
- WTEU060000110C Food Service Worker (7408), grade 2, Madigan Army Medical Center, Nutrition Care Division, closes June 30;
- WTEU060000140C Office Automation Clerk (0326), grade 4, various organizations, closes June 30;
- WENAFFM06040C Bartender(7405), grade 3 to 5, various activities, closes Dec. 31;
- WTEUADVREC06003 Office Automation Clerk (0326), grade 4, Headquarters, Western Region, Cadet Command, Advanced Camp, closes June 30;
- WTEUADVREC06002 Office Automation Clerk (0326), grade 4, Headquarters, Western Region, Cadet Command, Advanced Camp, closes June 30;
- WTEUADVREC06005 Office Automation Clerk (0326), grade 3, Western Region Cadet Command, Advanced Camp, closes June 30;
- WTEU06166427 Munitions Handler (6511), grade 6, Directorate of Logistics, Ammunition Supply Point, closes today;
- WTEU06068910 Supervisory Public Safety Dispatcher (2151), grades 9-10, Fire and Emergency Services, closes today; and
- WTEU06099079D, Range Technician(0455), grade 4, Yakima Training Center, Fire and Emergency Service, closes April 3.

Voting assistance problems

The Federal Voting Assistance Program is experiencing technical difficulties with the Voting Information Center and worldwide toll-free access numbers.

UOCAVA citizens are encouraged to use the FVAP Web site, www.fvap.gov, or contact the program via e-mail at vote@fvap.ncr.gov for information and questions until these technical difficulties are resolved.

Calendar

The following holidays and days of no scheduled activities are planned for FY 2006:

- March 17, DONSA;
- April 14, DONSA;
- April 17, DONSA;
- May 26, DONSA;
- May 29, Memorial Day;
- June 16, DONSA;
- July 3, DONSA;
- July 4, Independence Day;
- Aug. 11, DONSA;
- Sept. 1, DONSA;
- Sept. 4, Labor Day.

Suicide prevention training

Fort Lewis is hosting a two-day QPR workshop — a Department of the Army level suicide prevention training — March 29 and 30, 8 a.m. to 3 p.m., at Four Chaplains Memorial Chapel. QPR addresses the critical issues of suicide prevention, suicide risk assessment and suicide risk management.

To sign-up for the workshop, call Gary Ouellette, Office of Suicide Prevention, Fort Lewis, at 966-4597 or e-mail gary.ouellette@us.army.mil.

Limited space is available, and priority will go to professional service providers, such as family and youth counselors, ASAP counselors, medical personnel, behavioral health providers, family advocates, victim advocates, Red Cross workers, Social Work Services, teachers, Unit Ministry Team Soldiers, caregivers and leaders.

For more information about QPR, go to <http://www.qprinstitute.com>.

Old Army



Kristen E. Humphrey

Elise Nilssen shows her children, Zane, 2, and Alexandra, 18 months, a mannequin wearing the uniform of a Soldier from the 1920s, at the Fort Lewis Military Museum. The museum is open to the public and has displays of Fort Lewis as well as Army history.

PWOC retreat

The Fort Lewis Protestant Women of the Chapel will make their spring retreat to Black Lake Bible Camp in Olympia, March 25-26. The presentation is entitled "Becoming a Woman of Purpose" by Cindy Dack. Child care on Saturday only.

Cost of the retreat is: both days — \$45; Saturday only — \$30. If you are interested in attending, contact Sue Lopez, at 964-9126.

Youth theater workshop

Fort Lewis is holding a spring-break theater workshop April 3-6 for children ages 6 and up. Children will produce a CD with the songs they write during the workshop, and will perform at Kids' Fest on April 6.

The workshop will meet at the Nelson Recreation Center from 9 a.m. to 1 p.m. The cost is \$40. For more information, call 967-5776.

WLC inprocessing

Henry H. Lind NCO Academy Warrior Leader Course, Class 5-06, will inprocess on March 29. Students must be present at 4 a.m. at Building 3114.

Sponsors must be present at 5 a.m. at Building 5996.

For more information, call 967-7294.

Night firing notices

● The 1st Battalion, 24th Infantry Regiment will fire demolitions in Fort Lewis Training Area 5, from midnight Sunday until midnight Thursday, using Range 62.

● The 1st Battalion, 5th Infantry Regiment will fire 60mm mortars into the Fort Lewis Artillery Impact Area, from midnight Monday until midnight Thursday, using Mortar Point 8.

● The 1st Battalion, 5th Infantry Regiment will fire 81mm mortars into the Fort Lewis Artillery Impact Area, from midnight Monday until midnight Thursday, using Mortar Points 11 and 12.

● The 2nd Battalion, 218th Field Artillery will fire 105mm howitzers into the Fort Lewis Artillery Impact Area, from midnight April 7 until midnight April 9, using PADS in Training Area 6.

Name change

What used to be known as Support Our Troops — Adopt a Platoon now has a new program name. The program is now called Support America's Armed Forces. The scope of the program has been broadening and now reaches out to all military branches.

For more information about how the program has changed, how the community can help support the troops and how you can volunteer for upcoming activities, see the Web site at www.supportamericansarmedforces.com.

Family history

If you are interested in tracing your ancestors, check out the African-American Family History Symposium, Saturday, 8 a.m. to 3 p.m., at 1102 South Pearl Street, Tacoma. The symposium is hosted and presented by the Church of Jesus Christ of Latter-Day Saints. This is a community service event open to anyone. Participants will not be approached about joining any religious group or faith. The program is designed to help people research African-American family history. Lunch is provided. Keynote presentation by Debbie Wooten, a motivational speaker.

A complete agenda and presenters can be found at the Web site www.africanamericanroots.org. Pre-registration at this site; register in advance and receive a free CD: "African-American Family History Resources."

Parent University 2006

The Parent University seminar will be held at Evergreen Elementary School April 1 from 8 a.m. to 2 p.m. The free workshops are designed to teach parents new information and skills to make parenting more manageable with topics such as "Positive Parenting" and "Parenting During War."

Free childcare is available for military and DOD civilians — pre-registration is required. Registration packets, which must be completed by March 23, are available today at Fort Lewis Family Advocacy (Building 2013 on the corner of 3rd and Pendleton), Army Community Service, the Family Resource Center and child development centers and elementary schools on Fort Lewis. Register early, as space is limited.

For more information, contact Yolie Cortez with Fort Lewis Family Advocacy at 967-5901.

Founder's Day Dinner

The West Point Society of Puget Sound will hold the annual Founder's Day Dinner March 18 at the American Lake Community Center.

Benny Haven's Hour begins at 5:30 p.m., class photos at 5:45. Appropriate attire includes dress blues, mess dress uniform or civilian formal (black tie) attire. RSVP no later than March 10, with payment. Cost is \$30, checks payable to Founders Day Fund. Contact is 1st Lt. Michael Aiello, at 967-3274, or e-mail michael.aiello1@lewis.army.mil. Mail your RSVP and payment to P.O. Box 270, Dupont, WA 98327.

Job fair

The Washington State Employment Security Work Source office in Lakewood will host a job fair today from 9 a.m. to 2 p.m., in recognition of Women's History Month and Women Sustaining the American Spirit.

The job fair will be held at AMVETS Post 1, 5717 South Tyler Street in Tacoma. The fair is open to the public. The Work Source office recommends

you bring your resume and dress appropriately for an interview.

Resume assistance is available on post through ACAP or the Veteran's Job Service Center in Building 2013, and from the ACS Employment Readiness program in Waller Hall. Resume assistance is also available off post through your local Work Source office.

Volunteer Week

Fort Lewis Volunteer Week will be celebrated from April 30 to May 6, with a luncheon honoring the volunteers of the year on May 3. The nomination period for the Fort Lewis Volunteer of the Year runs until Monday. A nomination flyer outlining the criteria is available at the Family Resource Center or by e-mailing lori.parker@lewis.army.mil. Categories for Volunteer of the Year are: adult, active duty, retiree, and youth.

For more information, contact the Army volunteer corps coordinator at 967-2324.

Officers' Spouses' Club

The Officers' Spouses' Club plans a wine tasting, March 21, from 7 to 8:30 p.m. at the Cascade Community Club — RSVP to oscrsvp@yahoo.com.

The Welfare Committee of the Officers' Spouses' Club is currently accepting applications for Spring 2006 donation requests. Applications can be accessed at www.fortlewisosc.org. E-mail Dawn Gaylord at Welfare@fortlewisosc.org with any questions. Deadline for applications is March 15.

Court-martial results

Spc. Sergio Martinez, A Company, 1st Battalion, 23rd Infantry Regiment, 3rd Brigade, 2nd Infantry Division, was convicted at a special court-martial February 9, of assaulting his wife on two occasions in violation of Article 128 of the Uniform Code of Military Justice. On September 27, he struck her in the face with his hand, grabbed her by the neck several times, pushed her and threw a phone at her, hitting her on the chest. Martinez pled guilty and was sentenced to eight months confinement, reduction to private (E-1) and a bad conduct discharge.

Thrift Shop

The Thrift Shop has a projected relocation date of August. Consignments and donations will continue to be accepted until further notice. The Thrift Shop and Clearance Center hours are 9:30 a.m. to 2:30 p.m., Tuesday to Thursday and 10 a.m. to 2 p.m., the first Saturday of the month. Clean, usable items may be dropped off at the Clearance Center, Bldg. 5229, from 8 a.m. to 3 p.m., Tuesday to Thursday, or 1:30 to 2:30 p.m., Friday to Monday. Consignments are accepted 9 a.m. to noon, Tuesday to Thursday; military in uniform may consign until 12:30 p.m. Fifteen items may be consigned per day. With PCS or ETS orders, you may bring in 30 items per day. Consignments and the Clearance Center may close occasionally due to volunteer shortages.

The Thrift Shop needs a publicity chairperson to attend monthly board meetings and take care of information updates with local news groups. For more information, call 964-5401, or e-mail ThriftShop@worldnt.att.net.

Child care training

The Family Child Care program is seeking individuals interested in providing quality child care in their on-post homes. Based on Army regulations, the FCC program sets minimum standards for the care of children. If you intend to provide care for children in your home on a regular basis (more than 10 child-care hours per week), you must be certified by Child and Youth Services.

The next FCC provisional certification training classes will be held March 20, 21, 23, 24, 27 and 28. You can obtain an FCC provider application at the FCC office, Bldg. 2013 B, Room 127, 3rd Ave. and Pendleton. For more information, call 967-3039 or 967-7364.

CG's message

Lt. Gen. Jim Dubik's "Bottom Line Retention Message" can be viewed online. Go to <https://ft.lewis.army.mil>, and select the message from the Sig Events scroll on the left side of the page. The commanding general's message can also be viewed on Channel 21, the on-post cable television access channel.

New Parent Support Program

The New Parent Support Program provides services to the community, including parenting education. The NPSP offers support groups such as "Baby Brigade" and "Positive Parenting."

Both groups meet Thursdays at the Raindrops and Rainbows Parent and Child Play Center. "Baby Brigade" meets from 2 to 3 p.m., and "Positive Parenting" meets from 3 to 4 p.m.

The play center is located on North Fort Lewis, next to Beachwood Child Development Center, in Building 8197.

For more information call 967-7409.

Attention

Event announcements must be received no later than the Friday before publication, but the earlier they are received, the better.

Announcements can be e-mailed to NWGEditor@thenewstribune.com.

The *Northwest Guardian* office is located in Building 2025 (right side from back parking lot), on main post.

For more information, call 967-0173.

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Volunteer journalists

The Northwest Guardian needs professionally qualified volunteers to take photos and write sports and leisure stories. Volunteers must have demonstrated newspaper writing skills and proficiency with a digital camera. There is also an opening for a volunteer to do special projects such as downloading photos and organizing them for briefings; mailings; and updating our Web site. For more information, call 967-0171.

Attention tobacco users!

Did you know that —
Chemicals from using tobacco products get into your blood stream and can damage the delicate blood vessels inside your eye.

Night vision is affected by tobacco use. Nicotine constricts veins and arteries, which reduces blood flow throughout the body. Circulation is important to the eyes and their function. Nicotine inhibits the production of rhodopsin which is the chemical pigment responsible for dark adaptation.

Tobacco users can develop cataracts at an earlier age than non-users. A plaque of whitish material covers the back of the lens, scattering light rays and causing blurred vision and glare, especially at night with oncoming lights.

For more information please call Tricare at 1-800-404-4506 to make an appointment with your provider or to join the Tobacco Cessation Program at Army Community Health Nursing or call Okubo Clinic at 966-1991 to book an appointment in their Friday tobacco cessation clinic. Unit training is also available; call 968-4387.

Attention all tobacco users

Did you know —
Atherosclerosis is a process that develops over years but is accelerated by tobacco use. When cholesterol and other fats deposit in the arteries, leaving them narrow, blocked or rigid circulation is impaired and blood clots are likely to form. Tobacco use accelerates the hardening and narrowing process in your arteries: it starts earlier and blood clots are two to four times more likely. Approximately eight out of 10 heart bypass patients use tobacco.
Blood clots in the heart and brain are the most common causes of sudden death.
Tobacco users who have a heart attack are more likely to die and die suddenly (within an hour) than are non-tobacco users.

You're working hard for your retirement — don't surrender it to a tobacco caused disease. Call Tricare at 1-800-404-4506 to book an appointment at Family Medicine or Army Community Health Nursing or call Okubo Clinic at 966-1991 to book an appointment in their Friday tobacco cessation clinic.

Does your unit want to conquer their tobacco addiction? Call Cindy Hawthorne at 968-4387.

School district Web sites

Auburn — **www.auburn.wednet.edu/**;
Bethel — **www.bethelsd.org**;
Bremerton — **www.bremertonschools.org**;
Clover Park — **www.cloverpark.k12.wa.us/**;
Eatonville — **www.cruiser.eatonvillewednet.edu/**;
Federal Way — **www.fwps.or/**;
Fife — **www.fifeschools.com**;
Franklin Pierce — **www.fp.k12.wa.us**;
Lakewood — **www.lwsd.wednet.edu/**;
North Thurston — **www.nthurston.k1.wa.us/**;
Olympia — **www.kids.osd.wednet.edu/**;
Orting — **www.orting.wednet.edu/**;
Peninsula — **www.peninsula.wednet.edu**;
Puyallup — **www.puyallup.k12.wa.us/**;
Renton — **www.renton.wednet.edu/**;
Seilacoom — **www.steilacoom.k12.wa.us/**;
Sumner — **www.sumner.wednet.edu/**;
Tacoma Public Schools — **www.tacoma.k12.wa.us**;
Tahoma — **www.tahoma.wednet.edu/**;
Tumwater — **www.tumwater.k12.wa.us**;
University Place — **www.upsd.wednet.edu**;
Vashon Island — **<http://www.vashonsd.org/>**;
Additional Information — Puget Sound Educational Service District, **<http://www.psed.org>**

Health information privacy

Is the protection of your health information important to you?

Do you want to protect your rights to health information privacy?

Do you know what those rights are?

Do you know where you can read about your health information privacy rights and protections?

Healthcare plans and providers are required to provide patients with a Notice of Privacy Practices. The notice describes how medical information may be used and with whom it may be shared. It also describes your rights and how to file a complaint if you believe your rights have been violated.

The provision of the notice is a requirement of the Health Insurance Portability and Accountability Act of 1996.

Please take a moment to review the Military Health System Notice of Privacy Practices and share it with members of your household receiving care at a military treatment facility or through the TRICARE managed care network. It is important that you are aware of how providers may use and disclose your health information and that you notify them if you have any concerns. The notice

Smokeless tobacco is made from a mixture of tobacco, nicotine, sweeteners, abrasives, salts and chemicals. It contains more than 3,000 chemicals, including about 28 known carcinogens. Harmful chemicals in smokeless tobacco include Polonium 210 (nuclear waste), tobacco-specific N-nitrosamines or TSNAs (cancer-causing agents found in tobacco), formaldehyde (embalming fluid), nicotine, cadmium (used in car batteries), cyanide, arsenic, benzene and lead.

Like smoking tobacco, smokeless tobacco affects the cardiovascular system and may be associated with heart disease, stroke and high blood pressure. Long-term effects of dipping and chewing include leukoplakia, tooth abrasion, gum recession, gum and tooth disease, loss of bone in the jaw, yellowing of teeth, and chronic bad breath.

Other health consequences of using smokeless tobacco include cancer of the mouth (including the lip, tongue, cheek and floor and roof of the mouth) and throat.

Want to quit? Army Public Health Nursing has tobacco cessation clinics on the second and fourth Wednesdays of each month at 1 p.m. — call 968-4382. Okubo has a clinic every Friday at 9 a.m. — call 966-1991. Or call Tricare for an appointment at Internal Medicine, 1-800-404-4506.

Sergeants Major Association

The Sergeants Major Association of Fort Lewis meets the third Wednesday of each month at 4:30 p.m. at the Cascade Community Center.

All active and retired sergeants major of the U.S. Army, reserve components or equivalent grades of other branches, as well as all master sergeants and first sergeants on a promotion list to the rank of sergeant major or command sergeant major, are eligible for membership in the association.

For more information , call 297-3403.

EOD opportunities

Tired of your usual day? If you are an adventurer and a sleuth, innovative and committed, take a look at joining the EOD family today. The U.S. Army's explosive ordnance disposal team is a strategic, multi-purpose force capable of rapid response to contingencies around the globe. EOD Soldiers are specialists trained to render safe chemical, biological, radiological, nuclear, and enhanced high explosive ordnance, improvised explosive devices, and unexploded ordnance. They also provide EOD support to the president and others in coordination with the U.S. Secret Service.

For more information take a look at the Web site at **www.bragg.army.mil/eod**.

Family member scholarships

Fort Lewis Family Member Scholarship application packets are available until March 31 at the Family Resource Center,located on Ninth Division and Idaho Streets and open Monday through Friday. When picking up an application, either the applicant or his/her sponsor must present a valid military ID card. Completed scholarship applications must be postmarked no later than April 1, 2006. Questions can be directed to **schoarfl@hotmail.com**.

Students and adult family members are eligible to apply for a Fort Lewis Family Member Scholarship if they have: a valid military ID card and are the family member (spouse or child) of active duty military personnel assigned to Fort Lewis, WA; or are a surviving family member of military personnel last assigned to Fort Lewis; or are a family member of retired Army personnel residing within a 50 mile radius of Fort Lewis.

Individuals are not eligible to apply if they: are active duty personnel; are applying to or attending graduate school; are the recipient of a full scholarship; are a prior recipient of a Fort Lewis Family Member Scholarship; or currently hold a bachelor's or a master's degree.

School closures

Occasionally, bad weather or other emergencies will cause schools to close or dismiss early. Families should plan for childcare and emergency transportation when bad weather or other emergencies cause changes in school hours, bus schedules and routes. Get information at **<http://www.schoolreport.org>**, which posts the status of schools. Local TV and radio stations will also announce school closures or late-start times.

The following stations will broadcast school schedule changes and/or closures:

● TV stations: KOMO 4, KING 5, KIRO 7 and KCPQ 13.

● AM Radio stations: KVI 570, KIXI 880, KCIS 630, KIRO 710, KOMO 1000 and KLAY 1180.

● FM Radio stations: KMPS 94.1, KPLU 88.5, KLSY 92.5, KUBE 93.3, KPLZ 101.5, KMTT 103.7 and KCMS 105.3.

For more information, call the Operations and Risk Management Department at 583-5482.

Eye exams for Soldiers

All active-duty Soldiers must get their eye examinations at the Madigan Army Medical Center Optometry Clinic at least every two years, and can have their eyes examined every year if they choose. Soldiers can normally get a routine eye appointment within 10 days. For Soldiers who are going through the SRP process and are deploying in less than 30 days, walk-in services are available Monday through Friday, from 7:30 to 9:30 a.m.All Soldiers are authorized to order one pair of frame-of-choice glasses per year, as well as standard military glasses.

Delta Force briefings

First Special Forces Operational Detachment-Delta (Airborne) is the U.S. Army's special operations unit organized for the conduct of missions requiring rapid response with surgical application of a wide variety of unique special operations skills. Because of the unique nature of Delta's operations, all MOS's are encouraged to apply. For more information on DOD's highest priority unit and a possible career opportunity, make time to attend one of the following Delta Force briefings. April 4, in Stone Education Center, at 9:30 a.m. and 1:30 p.m.; and April 5 in Stone Education Center, at 9:30 a.m. and 1:30 p.m. There will be a PT test for those interested in applying for Delta Force, April 6, in Cowan Stadium, at 6:30 a.m.

The team will return to Fort Lewis in May, with the following schedule: May 22, in Evergreen Theater at 9:30 a.m. and 1:30 p.m.; May 23, in Evergreen Theater at 9:30 a.m. and 3 p.m.; and May 24, in Evergreen Theater, at 9:30 a.m. There will be a PT test for those interested in applying for Delta Force, May 25, in Cowan Stadium, at 6:30 a.m.

For more information, e-mail **sof8.recruiter@us.army.mil**, or call (910) 263-5999.

Protestant Sunday School

The Main Post Chapel Protestant Sunday School has a new time — from 9:30 to 10:30 a.m. This program features classes for four year olds through sixth graders, a junior and senior high class and an adult class. This program is strongly Biblical in its emphasis, with plenty of time for having fun and making new friends.

In addition to the program at the Main Post Chapel, Protestant Sunday School is also offered at Four Chaplains Memorial Chapel/Grace Chapel from 9:45 to 10:45 a.m.

Evergreen Chapel offers children's church during their services which are held from 10 to 11:30 a.m.

CID recruiting

CID is on the lookout for qualified Soldiers and civilians to become special agents.

The U.S. Army's Criminal Investigation Command is seeking qualified applicants to become highly trained criminal investigators. Special agents investigate all felony crime of Army interest, conduct protective service operations, and work closely with other federal, state and local law enforcement agencies to solve crime and combat terrorism.

Agents receive training at the U.S. Army Military Police School and additional training in specialized investigative disciplines. Selected agents receive advanced training at the FBI Academy, the Federal Law Enforcement Training Center, and the Canadian Police College, and have the opportunity to pursue a master's degree in forensic science.

To qualify you must be a U.S. citizen, at least 21 years old with at least two years of service and not more than eight, possess at least 60 semester hours of college credit and a general technical score of at least 110. A minimum of six months' police experience is preferred, but not required.

CID is also looking for qualified civilians to become special agents.

To apply or for more information, visit **www.cid.army.mil** or contact your local CID office.

• TSP toll-free services

The Federal Retirement Thrift Investment Board has toll-free telephone service to Thrift Savings Plan participants and beneficiaries.

Get account or transaction information via the ThriftLine's automated telephone service 24 hours a day. The toll-free number is (877) 968-3778.

Designated Driver program

Designated Driver is a program of Soldiers helping Soldiers. Volunteer Soldiers drive the BOSS van on Friday and Saturday nights transporting Soldiers to and from the clubs on-post. This is a great way to avoid becoming an accident statistic. Call 677-9777 for a safe, no-questions-asked ride, Friday and Saturday nights from 9 p.m. to 3 a.m.

Sergeants Major Association

The Sergeants Major Association of Fort Lewis meets the third Wednesday of each month at 4:30 p.m. at the Cascade Community Center.

All active and retired sergeants major of the U.S. Army, reserve components or equivalent grades of other branches, are eligible for membership in the association.

For more information, call 297-3403.

Spc. Sergio Martinez, A Company A, 1st Battalion, 23rd Infantry Regiment, 3rd Brigade, 2nd Infantry Division, was convicted at a special court martial February 9, of assaulting his wife on two occasions in violation of Article 128 of the Uniform Code of Military Justice. On September 27, he struck her in the face with his hand, grabbed her by the neck several times, pushed her and threw a phone at her, hitting her on the chest. Martinez pled guilty and was sentenced to eight months confinement, reduction to private (E-1) and a bad conduct discharge.

PX events

The following are among the scheduled events planned by the Fort Lewis Exchange:

● April 8, Book Signing, noon to 2 p.m. — Author and actress Harley Jane Kozak will be signing her brand new book titled "Dating is Murder." In addition to being an author, she is also an accomplished actress.

Attention dippers and chowers

Although many people think smokeless tobacco is a safe alternative to smoking, it's not.

Did you know that a person who uses eight to 10 dips a day receives the same amount of nicotine as a heavy smoker who smokes 30 to 40 cigarettes a day?

